

Challenge Barcelona 3rd October 2010



Hi, I would like to introduce myself and tell you about my fundraising efforts. My name is Judith Martin, I am 51 years of age (52 when the challenge takes place) and I live beside Beith in North Ayrshire. I am a Director of ACMCA Ltd and am keen on a wide range of sports. In a mad moment (and thanks to Alison Morrissey) I decided to enter the Challenge Barcelona Triathlon on 3rd October 2010, three gruelling events one after the other. The swim of 3.8km starts at 7.30am as the day

breaks and hopefully the sea is calm for the 2000 starters. After a quick change into dry cycling kit a pedal over 180km on the spanish coastal roads then into the final transition and a run of 42km to the finish. This all having to be completed by the cut off time of midnight, a total of sixteen and a half hours. Once committed to this I decided it was an opportunity to do some fundraising. Three parts to the challenge so three charities to benefit.

Cancer Research UK <http://www.justgiving.com/Judith-Martin-CRUK>

Help for Heroes <http://www.justgiving.com/Judith-Martin> ,

and

Special Olympics 2011 <http://www.justgiving.com/Judith-Martin-SOGB> (where Ellis Wilson from Dunlop will be competing in the Equestrian events).

Training has been underway since January 2010 and progressing well so far. By July all was still on target for completing the distances. Swimming in Kilbirnie Loch - 2.8km completed 6th June 2010. Cycling - longest so far 130km around the roads of Ayrshire 17th July 2010.



Running - Thanks to the running gang in Dunlop (Joan, Fiona, Una and our four legged friend Dougal) regularly pounding out distances of up to 14km before breakfast and gradually increasing the distance each week. August saw a slight problem with training. A sprained ankle while running in the French Alps on day 1 of our holiday caused an upset. Thanks



to the great medical help in Bourg St Maurice hospital and by Allan and Alison along with her husband Simon and the training only stopped for one day. Swimming was no problem with the 3.8km being completed in under 2 hours in the 50m outdoor pool and cycling was manageable with an aircast protecting my left leg. By week 2 of

the holiday more challenging cycling was managed with climbs including the Col du Petit St Bernard and a tour around Lake Annecy. Three weeks passed with no running but now its damage limitation and trying to build up the miles - still a bit painful but I will get there.



21st August saw a big fundraising effort to help the cause thanks to Joe and Linda Magee. A Casino Night in Dunlop raised £1500 to be split between the charities. What a night - thanks to everyone who took part and entered in to the James Bond theme. A fantastic night, mouth watering buffet, musical entertainment to rival the winners of Britain's got Talent and hosts on

the Roulette and Blackjack tables who would be at home in the casinos of Monte Carlo.

The next week or two will be getting down to practicing the transitions now and checking equipment is all ok and nutrition sorted as well as the usual swimming cycling and running. Fundraising so far has reached a total of over £2000 pounds and hopefully this will increase to well over the £3000 target which I set myself at the start.

Six weeks to go and the excitement is rising. Myself, Alison and the two other competitors in our Ayrshire team – Simon Morrissey and Bruce Walker are all on target to complete this gruelling challenge.

Please make all the pain of training worthwhile by sponsoring the challenge for these three worthy charities (See links above to the Just Giving pages set up.)

Judith Martin